

HUSBANDSRecommend and
Use Pe-ru-na.**WIVES**Keep Pe-ru-na in the House and Use
it as a Family Medicine.**DAUGHTERS**Find Pe-ru-na an Invaluable Friend
in Every Time of Need.**SONS****EVERYWHERE THE ENGLISH LANGUAGE IS SPOKEN PE-RU-NA IS USED
BY MEN AND WOMEN ALIKE FOR ALL CATARRHAL DISEASES.****Catarrh Destroys More Lives Every Year
Than All Epidemics
Combined.**

MISS N. NIEMANN.

MISS NETTIE NIEMANN, White Mound, Wis., writes:

"I have been afflicted since childhood with a most unpleasant catarrh of the head. Nothing I did seemed to cure me, and when I caught a cold my troubles increased. While visiting a friend I learned the real value of Peruna. I had often heard it praised, but never paid serious attention to it. My friend, however, had been cured of catarrh by Pe-

runa, and I decided to use it faithfully and await results. I am glad to say that my greatest expectations were realized and I was surprised to find how readily I was cured and how speedily. Within a month all the catarrh was out of my system and I have not been troubled a particle since. I do recommend Peruna for catarrh."—Miss Nettie Niemann.

Miss Mabel H. Ellis, President of the Woman's Athena Club, Trout Creek, Mich., says:

"I suffered for three years with chronic catarrh of the bronchial tubes and found no relief until I tried Peruna. Seven weeks' constant use of Peruna cured me permanently."—Mabel Helen Ellis.

MISS MABEL ELLIS.

Miss Elizabeth Ufer, No. 57 Bassett St., Albany, N. Y., writes:

"I have always dreaded unsettled weather because of my extreme liability to catch cold, when a catarrh trouble would develop through my entire system, which it would take weeks to drive away. I am thankful to say that since I have taken Peruna I do not have any reason to dread this any more. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of Peruna, and it throws out any hint of sickness from my system."—Miss Elizabeth Ufer.

MISS ELIZABETH UFER.



MRS. G. BRIGGS.

Mrs. G. Briggs, Treasurer and Conductor William Downs Corp., No. 48, Woman's Relief Corps, also Aid President's Staff, Department of Minnesota, W. B. C., writes the following letter to The Peruna Medicine Company:

1419 Central Avenue, Minneapolis, Minn.

Gentlemen: "A few months ago my health seemed to break down all at once. I had worked hard—too hard—for nearly six weeks, and nature simply refused to sustain me any longer.

"I lost my appetite, my sleep was fitful and I found no relief from the prescriptions of my physician.

"Several of the members of our order told me of the wonderful help they had received from Peruna and advised me to try it.

"I sent for it, and within a week after starting to use it a marked change for the better was felt; but finishing the second bottle I was completely restored and gladly add my testimonial to the large number of people whom Peruna has restored to health."—Mrs. G. Briggs.



MISS DELLA JANVEAU.

Miss Della Janveau, Globe Hotel, Ottawa, Ont., is from one of the oldest and best known French Canadian families in Canada. In a recent letter to The Peruna Medicine Co., of Columbus, O., she says:

"Last spring my blood seemed clogged up, my digestion poor, my head ached and I felt languid and tired all the time. My physician prescribed for me, but a friend advised me to try Peruna. I tried it and am pleased to state that I found it a wonderful cleanser and purifier of the system."—Miss Della Janveau.

**ALL DAINTY WOMEN
DREAD CHRONIC CATARRH.****Hacking, Spitting, Coughing,
Sneezing Cured by
Pe-ru-na.**

Miss Martha Munn, 608 Atlantic St., Appleton, Wis., writes:

"I tried catarrh remedies, some of which guaranteed a cure or money refunded, and have taken as high as eight bottles of some without any material benefit. I had made up my mind that all were worthless, so it took a great deal of persuasion to get me to try Peruna. But I bless the friend who persuaded me, as I had not taken one bottle before my head and throat began to clear up and the hacking and spitting soon ceased, and when four bottles had been used there was not a trace of catarrh in my body. It is a great relief to be clear of it."—Miss Martha Munn.

Head Stopped Up—Offensive Breath.

Miss Annie Carson, 813 Main St., Cincinnati, O., writes:

"As I have found Peruna a blessing for a severe case of catarrh of the head and throat, which I suffered from for a number of years, I am only too pleased to give it my personal endorsement. Catarrh, such as I suffered from, made life a burden to me. My breath was offensive, stomach bad and my head stopped up so that I was usually troubled with a headache, and although I tried many so-called remedies, nothing gave me permanent relief. I was rather discouraged with all medicines when Peruna was suggested to me.

However, I did buy a bottle, and before that was finished there was a marked change in my condition. Much encouraged, I kept on until I was completely cured in a month's time, and I find that my general health is also excellent."—Annie Carson.

Whatever form the catarrh may have assumed, whatever symptoms it may have produced, whatever damage it has accomplished, Peruna is the only hope, this only cure.

Peruna cures all cases of chronic catarrh promptly and permanently. There are no failures.

A Beautiful Young Society Woman's Letter.

Miss Bessie F. Healy, 521 Wabash Street, St. Paul, Minn., a prominent society girl, writes:

"I took Peruna last summer when I was all run down and had a headache and backache, and no ambition for anything. I now feel as well as I ever did in all my life, and all thanks is due to your excellent Peruna."

The symptoms of summer catarrh are quite unlike in different cases, but the most common ones are general lassitude, played-out, tired-out, used-up, run-down feelings, combined with a more or less heavy, stupid, listless, mental condition. Relish for food and the ability to digest food seems to be lost.

Skin eruptions, sallow complexion, biliousness, coated tongue, flat irregular sleep, help to complete the picture which is so common at this season.

Life is a burden, business a dread, pleasure a mockery, friends a bore, and social privileges a tedious round of disagreeable tasks.

Peruna so exactly meets all these conditions and the demand is so great for this remedy at this season of the year that it is nearly impossible to supply it. It never fails to bring the immediate relief and a thorough course of it leads with certainty to a permanent cure.

Miss Anna Johnson, 80 Clergy Street, Kingston, Ont., writes:

"I have suffered for several years with catarrh of the head. I am only too glad to recommend Peruna. I have had more or less catarrh ever since I can remember, and have tried numerous remedies and doctors' prescriptions, and while some things would do for me for the time being, it is to Peruna that I owe a perfect cure. It was recommended to me by a friend who had been cured through its use, so I gave it a trial, and it not only cured the catarrh, but toned up the entire system."—Nellie Crow.

Catarrh is a Disease That Does Not Cure Itself.

There are a vast multitude of people who can subscribe to the above statement. In the first place, catarrh is a life-long disease unless cured. Catarrh is a disease that does not cure itself, and is not easily cured by the best of remedies. The doctors all try to treat catarrh. Their remedies generally fail to cure. The people first go to a doctor and give him a faithful trial. After they have tried one doctor they generally try another. Sometimes three or four. As a rule, however, they are generally obliged to resort to Peruna at last.

**DON'T NEGLECT COLDS;
COLDS ARE DANGEROUS.****A Case Where a Common Cold
Deranged the Whole
System.**

Mrs. M. J. Brink, No. 820 Michigan Avenue, St. Joseph, Mich., writes:

"This past winter, during the wet and cold weather, I caught a sudden and severe cold, which developed a catarrhal condition through my entire system, and so affected my general health that I was completely broken down, and became nervous and unfit to supervise my home. My physician prescribed for me, but somehow his medicine did me no good. Reading of Peruna I decided to try it. After I had taken but three bottles I found myself in fine health."—Mrs. M. J. Brink.

Peruna is not simply a palliative, to relieve some of the most distressing symptoms of catarrh. It is a permanent and radical cure. A multitude of women are praising it every day.

**MANY GRATEFUL LETTERS
RECEIVED BY DR. HARTMAN****Peruna is the Woman's Friend
Everywhere.**

Peruna is the woman's friend everywhere. It is safe to say that no woman ever used Peruna for any catarrhal derangement but what it became indispensable in her household.

Letters From Women.

Every day we receive letters from women like the following. Women who have tried doctors and failed; women who have tried Peruna and were cured:

Miss Katie Klein, 615 Barter Avenue, St. Louis, Mo., writes:

"Peruna has done me more good for catarrh than the best doctors could. I had catarrh so bad, but after taking Peruna it is entirely gone, and I feel like a different person."—Miss Katie Klein.

Miss Anna Prescott's Letter.

Miss Anna Prescott, in a letter from 216 South Seventh Street, Minneapolis, Minn., writes:

"I am sincerely grateful for the relief I have found from the use of Peruna. I was completely used up last fall, my appetite had failed and I felt weak and tired all the time. My doctor advised me to try Peruna, and the relief I experienced after taking one bottle was truly wonderful."

"I continued its use for five weeks, and am glad to say that my complete restoration to health was a happy surprise to myself as well as to my friends."

—Anna Prescott.

A constant drain of nervous vitality depleting the whole nervous system causes the mucous membrane surfaces to suffer accordingly. This is the condition called systemic catarrh. It very nearly resembles, and there is really no practical difference, between this condition and the condition known as neurasthenia, or nervous prostration.

Peruna will be found to effect an immediate and lasting cure in all cases of systemic catarrh. It acts quickly and beneficially on the diseased mucous membranes, and with healthy mucous membranes the catarrh can no longer exist.

Peruna is equally efficacious in curing catarrh of the throat as in curing systemic catarrh or catarrh of the stomach. Catarrh is essentially the same wherever located. Peruna cures catarrh.

Peruna Makes You Feel Like a New Person.

Miss Marie Coates, a popular young woman of Appleton, Wis., and president of the Appleton Young Ladies' Club, also speaks in glowing terms of Peruna. A letter recently received from her by The Peruna Medicine Company, of Columbus, O., reads as follows:

"I am glad to call the attention of my friends to Peruna. When that languid, tired feeling comes over you, and your food no longer tastes good, and small annoyances irritate you, Peruna will make you feel like another person inside of a week."

"I have now used it for three seasons, and find it very valuable and efficacious."—Miss Marie Coates.

Peruna cures catarrh permanently. It cures old chronic cases as well as a slight attack, the only difference being in the length of time that it should be taken to effect a cure.

**HEADACHE, BACKACHE,
PE-RU-NA CURES.****"I am Perfectly Well," Says Mrs.
Martin, of Brooklyn. "Pe-ru-na
Cured Me."**

Mrs. Anna Martin, 47 Hoyt Street, Brooklyn, N. Y., writes:

"Peruna did so much for me that I feel it my duty to recommend it to others who may be similarly afflicted. About a year ago my health was completely broken down; had backache, dizziness and irregularities, and I seemed dark indeed. We had used Peruna in our home as a tonic and for colds and catarrh, and I decided to try it for my trouble. In less than three months I became regular, my pains had entirely disappeared and I am now perfectly well."—Mrs. Anna Martin.

It is no longer a question as to whether Peruna can be relied on to cure all such cases. During the many years in which Peruna has been put to test in all forms and stages of acute and chronic catarrh, no one year has put this remedy to greater test than the past year.

Peruna is the acknowledged catarrh remedy of the age. Dr. Hartman, the compounder of Peruna, has written a book on the phases of catarrh peculiar to women, entitled "Health and Beauty." It will be sent free to any address by The Peruna Medicine Co., Columbus, O.

**SENATOR SULLIVAN CURED
OF INCIPIENT CATARRH.****The Time to Treat Catarrh is at the
Onset of the Disease.**

Hon. W. V. Sullivan, United States Senator from Mississippi, in a letter recently written to Dr. Hartman from Oxford, Miss., says the following:

"For some time I have been a sufferer from catarrh in its most incipient stage, so much so that I became alarmed as to my general health. But hearing of Peruna as a good remedy, I gave it a fair trial and soon began to improve. Its effects were distinctly beneficial, removing the annoying symptoms, and was particularly good as a tonic."

"I take pleasure in recommending your great national catarrh cure, Peruna, as the best I have ever tried."—W. V. Sullivan.

**THE SOLDIER'S POET
ENDORSES PE-RU-NA.****Says Peruna is the Best Remedy on
Earth for Catarrh.**

Colonel John A. Joyce, well known throughout the country as the "Soldier's Poet," is an ardent friend to Peruna. He speaks of it in the following terms in a recent letter from Washington, D. C.:

Gentlemen: "I think there is no better medicine sold than your remedies for catarrh. They have cured me. It would take a volume to tell you the good they have done me. Peruna is the best remedy on earth for catarrh, and I think I have tried nearly all of them."—John A. Joyce.

A. E. Kidd, Elgin, Ill., writes: "I am forty-two years of age and have had catarrh of the head for over half of my life, as a result of scarlet fever, followed by typhoid fever. I got so bad that I was almost constantly coughing and clearing my throat. The catarrh greatly impaired my eyesight and the hearing in one ear, and reduced my weight to 110 pounds."

"I tried nearly every catarrh remedy advertised, besides a great many different physicians' treatment, all of which failed, and the physicians would finally tell me that I could not be cured in this climate; that I ought to go to a dry climate, etc."

"I had heard and read of Peruna, and finally decided to try it two months ago. I have now taken seven bottles, and weigh 174 pounds. Never felt happier or merrier. Feel tip-top."

"It is worse than foolish for so many people to suffer year after year with a disease that can be permanently cured."

**PROMINENT PEOPLE
CURED OF CATARRH.****Would These Two Cures Be Made
If Some Remedy Had Been Sub-
stituted for Pe-ru-na?**

Attorney D. Young, Counselor of Aurora Lodge, No. 88, of the Mystic Workers of the World, writes from 103 South Broadway, Aurora, Ill., as follows:

"I suffered with catarrh for eight years before I found anything that would help me. I have wasted hundreds of dollars trying to get relief, and never found any until I read what Peruna claimed to do for catarrh. A few bottles cured me completely; it not only cured my catarrh, but invigorated my whole system, until to-day I feel ten years younger and in complete and perfect health—in fact, a new man, thanks to Peruna."—Delaney Young.

Hon. W. S. Lane, Ordinary (Probate Judge) for Wilkes county, Ga., writes from Washington, Ga., the following letter:

The Peruna Medicine Co., Columbus, O.: Gentlemen: "This is to certify that I have used two and one-half bottles of Peruna for a very bad case of catarrh, and am happy to say to you that I have been entirely cured and gladly recommend Peruna to any one suffering from catarrh in any form. Have also used it in my family with satisfactory results, and as a tonic and remedy for catarrh."—W. S. Lane.

In some cases catarrh has a tendency to become chronic, and it not infrequently sets up disease that finally proves fatal. Peruna taken in time will prevent these cases. To substitute some other remedy means dangerous delay.

Read the testimonials of these two people that were cured by Peruna. Had the druggist recommended one of these Peruna taken in time will prevent these cases. To substitute some other remedy means dangerous delay.

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**WOMEN SUFFER
NEEDLESS MISERY.****Female Weakness Is Pelvic
Catarrh.****Peruna Cures Catarrh Wherever
Located.**

Miss Ella M. Moreland.

Miss Ella M. Moreland, 402 D Street, S. E. Washington, D. C., writes:

"I am anxious to show my gratitude for what Peruna has done for me, and hope this will reach the eyes of some woman who has suffered as I did. For three years I had intense pain regularly every month, with cramps and headache. At such times I was hardly able to be about and felt very weak and worn out. I tried a much-advertised remedy, but found that it gave me no relief, when a visitor advised me to try Peruna, telling me how it had cured her of a similar trouble. I have so often since thanked her for calling my attention to it, for it is certainly a blessed medicine for sick women. About from the first day I felt better and within five weeks I had added nine pounds to my weight, and it seemed I never felt better in my life. I have enjoyed the best of health since and gladly endorse Peruna, for I can thank it for my good physical condition."—Ella M. Moreland.

**PERUNA IS INVALUABLE
AS A SPRING TONIC.****If You are Thinking of Getting
a Tonic This Spring try
Pe-ru-na.**

Are you thinking of getting a spring tonic? Do you feel those old symptoms which are so apt to come every spring and remind you that you need something to purify your blood, or cleanse your system, or tone up your digestion and appetite? Now, if there was ever a time in your life when you needed to use good judgment it is right here and now.

It is reckless folly, simply because one's blood is out of order, to rush to the nearest drug store and buy the first medicine recommended as a blood purifier, without stopping to consider what might be the origin of the difficulty, and select a medicine adapted to the particular case. If, then, you want to be sure to take the right kind of a spring tonic, observe the following directions:

Peruna as a Spring Medicine.

If the symptoms are a general feeling of lassitude, poor circulation of the blood, restless, disturbed sleep, with fantastic dreams, confusion of mind, craving appetite, heavy, tired feelings, indigestion, nervousness, etc., Peruna is adapted to the case, and never fails to cure every case.

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**BEAUTIFUL GIRL SAVED
FROM CONSUMPTION.****Miss Hadley, of Indiana, Cured
of a Severe Cough.**

Sibyl A. Hadley, 28 Main Street, Huntington, Ind., writes:

"Last winter, after getting my feet wet I began to cough, which gradually grew worse, until my throat was sore and raw. Ordinary remedies did not help me, and cough remedies nauseated me. Reading an advertisement of what Peruna could do, I decided to try it. I took one bottle, and you can imagine how glad I felt when it began to relieve me in a very short time. In less than two weeks I was completely cured."—Sibyl A. Hadley.

**MANY HAVE CATARRH
WHO DON'T SUSPECT IT.****Peruna is a Tonic That Cleanses
the System of all Catarrh.**

Diseased nerves are directly traceable to poor digestion, and poor digestion is directly traceable to catarrh. With the slightest catarrh of the stomach no one can have good digestion.

Very few of the many women who have catarrh of the stomach suspect what their real trouble is. They know they do, but after meals, have sour stomach, a sensation of weight or heaviness, a fullness, irregular appetite, drowsiness, gnawing, empty sensations, occasional pain—they all know this; but they do not know that their trouble is catarrh of the stomach. If they did they would take Peruna.

Peruna cures catarrh wherever located. As soon as Peruna removes catarrh from the stomach the digestion becomes good, appetite regular, nerves strong, and trouble vanishes. Peruna strengthens weak nerves, but by temporarily stimulating them, but by removing the cause of weak nerves—poor digestion. This is the only cure that lasts. Remove the cause. Nature will do the rest. Peruna removes the cause.

Catarrh Sixteen Years.

Mrs. Elizabeth Scherer, Monte Vista, Col., writes: "For sixteen years I suffered with catarrh and stomach trouble. I doctored and took patent medicines without benefit. I read in one of your almanacs about Peruna, and thought it would perhaps help me. I have used nothing at all in the way of remedies except Peruna for about two years, and my health could not be better than it now is. This remedy has done so good for me, and I shall never be without it in my house."

"Health and Beauty" sent free by The Peruna Medicine Co., Columbus, O.

**A GEORGIA CONGRESSMAN
ENDORSES PE-RU-NA.****One of Over Fifty Members of
Congress Who Praise
Pe-ru-na.**

Colonel L. I. Livingston, member of the Industrial Commission and the leading Democratic member of the Committee on Appropriations in the House of Representatives, whose home is at Atlanta, Ga., writes the following letter to Peruna:

Col. Livingston says: "It takes a pleasure in joining with General Wheeler, Congressman Brewer and others in recommending Peruna as an excellent tonic and a catarrh cure."—Col. L. I. Livingston.

Peruna is recommended by more men of prominence than any other proprietary medicine.

Peruna cures catarrh wherever located. Peruna is not a guess nor an experiment—it is an absolute scientific certainty. Peruna has no substitutes—no rivals. Insist upon having Peruna.

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**THE FIRST STAGE OF
CHRONIC CATARRH.****A Serious Mistake Which Thou-
sands are Making.**

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form.

To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching cold he should at once begin the use of Peruna according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peruna was taken every time one has a cold or cough chronic catarrh would be practically an unknown disease.

Miss Rosa Gerbing, a popular society woman of Crown Point, Ind., writes:

"Last winter I took a long drive in the country, and being too thinly clad I caught a bad cold, which settled on my lungs, and which I could not seem to shake off. I had heard a great deal of Peruna for colds and catarrh, and I bought a bottle to try. I am pleased to say I did, for it brought speedy relief. It only took two bottles, and I consider this money well spent."

"You have a firm friend in me, and I not only advise its use to my friends, but have purchased several bottles to give to those without the means to buy, and have noticed without exception that it has brought about a speedy cure wherever it has been used."—Miss Rosa Gerbing.

Mrs. Iowa, 507 Wabash Street, St. Paul, Minn., writes as follows:

"I am only too glad to recommend Peruna, especially to women. It is a sure cure for weakness peculiar to our sex. I have used it in my home for years, and would not think of being without it. I always say a good word for your excellent tonic, Peruna."—Mrs. Iowa.

Miss Mary Komkemer, 14 Raymer Street, Cleveland, O., writes:

"I am glad to advise you of the very satisfactory results I have experienced through the use of Peruna. I contracted a severe cold at an evening party, which settled on my lungs most persistently."

"No medicine helped me until mother gave me Peruna, which quickly caused a complete change for the better and cured me in three weeks. I have had no bad after-effects nor recurrence of the trouble, and am truly grateful to you for your wonderful Peruna."—Mary Komkemer.

Hon. Philip B. Thompson, Jr., member of Congress from Kentucky, in a recent letter, has the following to say of the national catarrh remedy, Peruna. The letter was written at Washington, D. C., and reads as follows: "My friends have used your remedy, Peruna, and I take pleasure in testifying to the merits of your medicine. Besides being one of the very best tonics, it is a good, substantial catarrh remedy."

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**FEW WOMEN FREE
FROM PELVIC CATARRH.****Catarrh of the Pelvic Organs
is the Bane of the
Female Sex.**

Mrs. Florence Atkins, 923 Forsythe Street, Toledo, O., writes:

"I am to-day cured of that dreadful disease I wrote to you about when I asked your advice. I at once began taking Peruna and Manlin and have just finished the fifth bottle. It has cured me of leucorrhoea. I had the trouble for nine months and had given up hope of ever being strong again. I cannot tell how happy I feel, but you will know. I never heard of such medicine. It is the only medicine on earth. I will always keep Peruna in my house."

"I cannot find anything to talk about from morning till night but Peruna. I was a sick woman when I first wrote you. I have a bright, clear color now, and I am altogether a well woman."

"I think leucorrhoea is the worst of female diseases, for I suffered all sorts of pains. I thought at first that I had altered the womb, and Peruna has cured me. I am now a sound woman."

"Peruna is the best friend I ever had on this earth—it must be praised—it cured me."—Mrs. Florence Atkins.

Pelvic Catarrh.

Catarrh is a very frequent cause of that class of diseases popularly known as female weakness. Catarrh of the pelvic organs produce such a variety of disagreeable and irritating symptoms that many people—in fact, the majority of people—have no idea that they are caused by catarrh.

Catarrhal Weakness.

A great proportion of women have some catarrhal weakness, which has been called by the various doctors as has consulted, by as many different names. These women have been treated and have taken medicines with no relief, simply because the ailments are not adapted to the nature of the disease that these medicines have been recommended to them.

Dr. Hartman's Free Advice.

If all women who are suffering with any form of female weakness would write to Dr. Hartman, President of The Hartman Sanitarium, Columbus, O., and give him a complete description of their symptoms, he will immediately reply with complete directions for treatment, free of charge.

"Health and Beauty," a book written especially for women, sent free by Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

Thousands of Women Cured Every Year.

Pelvic catarrh is almost a new term in medical literature. Dr. Hartman was the first physician in this country who used the term, but through his writings he has made it a familiar phrase to nearly the whole of the civilized world.

Before it was discovered that the ailments of women depended chiefly on catarrh of the pelvic organs, these cases were regarded as incurable. Now thousands are cured every year. The same diseases that once seemed beyond the reach of man are promptly and permanently cured by catarrh, whether of the pelvic organs or